**ACT Government**

**COVID-19 Factsheet**

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| English | Simplifed (Mandarin) Chinese |
| **COVID-19 Information for Overseas Travellers** **in Hotel Quarantine** | **给在酒店检疫隔离海外旅客的COVID-19信息** |
| **Useful contacts:** | **有用联系方式：** |
| **Emergency Services:** Dial 000 in an emergency. State that you are in hotel quarantine.**ACT Health:** (02) 5124 6209 For any questions or concerns about your quarantine period or to notify any COVID-19 symptoms.**Weston Creek Respiratory Assessment Centre Nursing/Medical Support Service:**Telephone: (02) 5124 4076Open from 07:30-22:00 hours, seven days a week, for medical advice. | **紧急服务：**如遇紧急情况请拨打000。说明您在接受酒店检疫隔离。**首都领地卫生部（ACT Health）：电话：**(02) 5124 6209向我们提出检疫隔离期的相关问题或疑虑，或者通知我们COVID-19的任何症状。**Weston Creek呼吸系统评估中心****护理/医疗支持服务**电话：(02) 5124 4076每周7天，每天早上7点半到晚上10点开放，提供医疗建议。 |
| **Introduction to quarantine** | **检疫隔离介绍** |
| **Mandatory quarantine for international arrivals** | **对抵达国际旅客的强制检疫隔离** |
| All international passengers arriving at Canberra Airport must go into quarantine at a government approved accommodation facility for 14 days from the day of their arrival. This is required under the *Public Health Act 1997*. It is an offence not to comply with quarantine requirements, with fines up to **$8,000** for people who do not comply. You will receive an invoice for your quarantine accommodation fee after the end of your quarantine period. The quarantine accommodation fee is a fixed cost which includes the cost of the hotel room, a standard food and meals cost, and other associated costs. More information is provided below and in the Quarantine Fees factsheet. | 飞抵堪培拉机场的所有国际旅客都必须从抵达堪培拉之日开始，在政府批准的住宿设施接受为期14天的检疫隔离。这是《*1997年公共卫生法（Public Health Act 1997）*》的要求。违反隔离要求属于违法，将受到最高**8000澳元**的罚款。隔离期结束后，您会收到隔离住宿费的账单。隔离的住宿费是固定的，包括酒店房费、标准的食物和三餐费用以及其他相关开支。更多信息可查看下方和《检疫隔离费用（Quarantine Fees》资料页。 |
| **Why am I being quarantined?** | **我为什么要接受检疫隔离？** |
| Most COVID-19 cases detected in Australia are occurring in travellers returning from overseas. For this reason, returning travellers to Australia must undergo a mandatory quarantine period to prevent onward transmission of COVID-19 in the community. | 澳大利亚查出的大部分COVID-19病例出现在海外归国旅客群体。因此返澳旅客必须进行一段时间的强制检疫隔离，以免COVID-19在社区传播。 |
| **How long does mandatory quarantine last?** | **强制检疫隔离时间多久？** |
| The quarantine period is 14 days from the day you arrive in the ACT. Your day of arrival is counted as day 0. This is because, for COVID-19, the incubation period (the time between getting infected and displaying symptoms) can last up to 14 days. If you are diagnosed with COVID-19 during your quarantine period, you may be required to stay in isolation for a longer period of time. | 检疫隔离期是您抵达首都领地之日以后的14天。抵达当天算作第0天。这是因为COVID-19的潜伏期（从感染病毒到出现症状的时间）可长达14天。如果您在隔离期间被诊断感染了COVID-19，可能要继续隔离更长时间。 |
| **What does it mean to be in quarantine?** | **进行检疫隔离意味着什么？** |
| While you are in quarantine, you **must stay in your hotel room**. ACT Health is here to support you and will contact you each day to check on your health and wellbeing. For your own safety, if we are unable to contact you, an ACT Health staff member or police officer will conduct a welfare check.While in quarantine you need to monitor for symptoms of COVID-19 (such as fever, cough, sore throat, shortness of breath, or loss of smell or taste). If you develop symptoms, **it is very important that you notify ACT Health and arrange to get tested for COVID-19**. Details on how to do this can be found in the Health and Medical section of this booklet.While you are in quarantine, you **must not**: * have any visitors
* visit other people who are staying in the hotel
* go to the hotel lobby, gym or any other shared spaces within the hotel
* leave to go to your home, work, school or any public areas
* travel on public transport, or in a taxi or rideshare, unless you have a specific exemption.

While you are in quarantine **you can**:* go onto the balcony of your hotel room. If you want to speak with people on adjoining balconies, you must remain at least 1.5 metres apart.
* use mobile phones or computers to keep in touch with family and friends.
 | 在检疫隔离期间，您**必须待在自己的酒店房间**。首都领地卫生部随时为您提供支持，并会每天联系您确认您的身心健康状况。为了您的自身安全，如果我们联系不上您，会有首都领地卫生部工作人员或警察上门查看您是否安好。在接受隔离时，您需要留意COVID-19的症状（比如发烧、咳嗽、嗓子痛、呼吸急促或者嗅觉或味觉丧失）。如果您出现相关症状，**通知首都领地卫生部并安排接受COVID-19检测很重要**。请查看本手册的“卫生和医疗”章节了解如何上报的详细信息。隔离期间，您**不得**：* 有人探访
* 拜访待在酒店的其他人
* 前往酒店大厅、健身房或酒店其他公共区域
* 擅离酒店回家、去上班、上学或前往其他公共场所
* 搭乘公共交通、出租车或拼车出行，除非您有特定豁免。

隔离期间，您**可以**：* 前往酒店房间的阳台。如果您想跟隔壁阳台的人交谈，必须确保彼此相隔至少1.5米。
* 使用手机或电脑跟亲友保持联系。
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| **Can I apply for an exemption to quarantine?** | **我可以申请豁免不接受检疫隔离吗？** |
| You may apply for an exemption to hotel quarantine on compassionate or medical grounds. The circumstances of each application will be carefully considered to limit the risk of spreading COVID-19 in the community or the health system. To apply for an exemption, please email *COVID.Exemptions@act.gov.au*. This email should include who you are, where you are currently undertaking quarantine, the reasons for requesting an exemption, where you propose to stay for the remainder of your quarantine period, and how you plan to get there.If your exemption request involves leaving the ACT to quarantine in another Australian state or territory, you will also need to seek an exemption from the jurisdiction you intend to travel to. | 您或可以值得同情或医疗的理由申请豁免，不接受酒店检疫隔离。有关部门会仔细考虑每个申请的情况，控制COVID-19在社区或卫生系统传播的风险。申请豁免请发送电子邮件到：*COVID.Exemptions@act.gov.au*。邮件中应写明您的身份、目前接受隔离的地点、申请豁免的理由、隔离期剩下的时间您计划待在哪里以及准备如何前往该地。如果您的豁免申请涉及离开首都领地前往澳大利亚的其他州或领地进行隔离，您还需要向打算前往的行政区申请豁免。 |
| **Health and medical information** | **卫生和医疗信息** |
| **What if I have a medical emergency?** | **出现紧急医疗情况该怎么办？** |
| **If you have severe symptoms (such as difficulty breathing or chest pain) please call triple zero (000).** Tell the ambulance staff that you are in hotel quarantine after recently returning from overseas. | **如果您出现严重症状（比如呼吸困难或胸痛），请拨打000。**告诉救护车工作人员，您最近刚从海外归来，正在酒店接受检疫隔离。 |
| **Do I need to wear a mask?** | **我需要佩戴口罩吗？** |
| Once in your hotel room, you do not need to wear a mask if you do not have any symptoms. You will need to wear a mask when opening the door to any person, such as an ACT Health staff member. Masks will be supplied to you at check-in to the hotel.If you develop symptoms and there are family members sharing your hotel room with you, you should wear a mask inside the hotel room. Young children who cannot tolerate a mask do not need to wear one. | 如果您没有任何症状，一旦进入酒店房间您就无需佩戴口罩。您需要在给任何人（比如首都领地卫生部的工作人员）开门时佩戴口罩。有关方面会在您办理酒店入住手续时给您分发口罩。如果您出现症状，并且酒店房间里有家庭成员跟您同住，您应当在房间内佩戴口罩。不能忍受的幼童无需佩戴口罩。 |
| **Do I have to be tested for COVID-19 while I am in quarantine?** | **检疫隔离期间我必须接受COVID-19检测吗？** |
| Under the *Public Health Act 1997*, all returned overseas travellers must undergo a COVID-19 test prior to leaving quarantine. This is to ensure that it is safe to return to your home community, because a small number of people with COVID-19 do not experience any symptoms but can still spread the disease to others. On day 10-12 of your quarantine period, ACT Health will arrange for nurses to visit you in your hotel room to perform this test for you and your family members. You will be informed in advance of what day your test will be done. If you do not undertake this COVID-19 test, your quarantine period will be extended by an additional 10 days (to 24 days in total).In addition, it is ACT Health policy that you also have a COVID-19 test on day 0-2 of your quarantine period. This can help to protect others who you are quarantining with. Additionally, if you have COVID-19 and don’t have any symptoms, having a test on day 0-2 of your quarantine period may prevent a longer period of isolation, because your diagnosis will be made earlier in you quarantine period. ACT Health will arrange for nurses to visit you in your hotel room to perform the test. You will be notified which day this will occur.Following each test, ACT Health will provide you with your results within 1-2 days. If you test positive for COVID-19, ACT Health will give you advice on what you need to do and how to access medical support. | 根据《*1997年公共卫生法*》，所有海外归国旅客必须在结束检疫隔离前接受COVID-19检测。这是为了确保您能安全返回自己的社区，因为有一小部分的COVID-19感染者即使没有症状，也能将这种病传给他人。在隔离期第10到12天。首都领地卫生部会安排护士到您的酒店房间为您和家庭成员进行检测。我们会提前通知您哪天做检测。拒绝接受该COVID-19检测，则您的隔离期会延长10天（增至总共24天）。与此同时，首都领地卫生部政策还要求您在隔离期第0到2天接受COVID-19检测。这可以帮助保护跟您一起隔离的其他人。另外，如果您是无症状感染者，在隔离期第0到2天接受检测或可避免您隔离更久，因为您可以在隔离期更早一点被确诊。首都领地卫生部会安排护士到酒店房间为您检测。我们会提前通知您哪天做检测。每次检测之后，首都领地卫生部会在1到2天内告知您检测的结果。如果您的COVID-19检测结果呈阳性，首都领地卫生部会给出建议，告诉您要做什么以及如何获得医疗支持。 |
| **What should I do if I develop symptoms of COVID-19?** | **如果我出现COVID-19的症状该怎么办？** |
| The main symptoms of COVID-19 are fever, cough, sore throat, shortness of breath, loss of sense of smell and loss of sense of taste. Less common symptoms are runny nose/blocked nose, muscle pain, joint pain, diarrhoea, nausea, vomiting and loss of appetite.**If you develop any of these symptoms**, please notify ACT Health, either when ACT Health makes their usual daily contact with you, or by calling **(02) 5124 6209**. You can then call the Weston Creek Respiratory Assessment Centre Nursing and Medical Support Service on **(02) 5124 4076** to arrange COVID-19 testing in your hotel room. Their hours of service are 7:30am–10pm seven days per week. If you develop mild symptoms outside of these hours, please wait until the morning to contact ACT Health and the Weston Creek Respiratory Assessment Centre.This is a free service and you do not need to be enrolled in Medicare to access this service. This service will provide an initial telehealth assessment with an advanced practice nurse or nurse practitioner. If required, you will also be assessed by a GP. Where necessary, they will arrange an in-person assessment and COVID-19 testing at your hotel. | COVID-19的主要症状是发烧、咳嗽、嗓子痛、呼吸急促、嗅觉和味觉丧失。一些不常见的症状有流鼻涕/鼻塞、肌肉酸痛、关节疼痛、腹泻、恶心、呕吐和食欲不振。**如果您出现以上任何症状**，请在首都领地卫生部每天联系您时通知我们，或拨打**(02) 5124 6209**通知首都领地卫生部。然后您可以拨打**(02) 5124 4076**联系Weston Creek呼吸系统评估中心护理和医疗支持服务，安排到您的酒店房间进行COVID-19检测。该中心上班时间是每周7天、每天早上7点半到晚上10点。如果您在非工作时间出现轻微症状，请等到第二天早晨联系首都领地卫生部和Weston Creek呼吸系统评估中心。这项服务免费，您无需Medicare登记在册就可以使用。该服务将安排一名资深护师或执业护师对您进行初步的远程医疗评估。如有需要，还会有家庭医生对您评估。必要时该中心会安排医务人员前往您所在酒店亲自评估和进行COVID-19检测。 |
| **What if I test positive and am quarantining as part of a family group?** | **如果我检测结果呈阳性，而且是作为家庭团体一员在接受检疫隔离该怎么办？** |
| If you or a member of your family group develop symptoms and test positive for COVID-19, it may be necessary to separate your family group to protect other members of the family. This will be determined on a case-by-case basis. | 如果您或您家庭团体的成员出现症状并且COVID-19的检测结果呈阳性，可能有必要将您的家庭团体分开隔离，以保护其他家庭成员。有关部门会逐案审查具体情况做出决定。 |
| **What if I need a medical assessment and/or prescription?** | **如果我需要医疗评估和/或处方药该怎么办？** |
| There are several options to access a non-urgent medical assessment and/or to get a prescription:* If you are currently enrolled with Medicare, you can contact a General Practitioner (GP) either locally or interstate to ask for a telehealth consultation (over the phone assessment). **We encourage you to contact your own GP, even if interstate, if you have one.** You may be charged a consultation fee. If you are in a vulnerable patient category, you should be bulk billed for the consultation.
* You can locate a local GP in Canberra, including after-hours GPs, by visiting the ACT Government “Find a health service” webpage at [*http://findahealthservice.act.gov.au*](http://findahealthservice.act.gov.au)and selecting “General Practitioner”.
* The Weston Creek Respiratory Assessment Centre Nursing/Medical Support Service is also available to provide medical assessment if you are unwell. They can also assist to arrange a consultation with a GP for telehealth prescribing. Please note priority will be given to assessment of people who are unwell. They can be contacted on **(02) 5124 4076**, 7.30am–10pm, daily. This is a free service and you do not need to be enrolled in Medicare to access this service.
* The Canberra After Hours Locum Medical Service (CALMS) can provide medical care outside of business hours for review of nonurgent medical conditions. When contacting CALMS, tell them that you are currently in hotel quarantine for COVID-19 and request a telehealth consultation. Where appropriate, it may be possible for a CALMS doctor to visit you in the hotel. CALMS can be contacted on **1300 422 567** from 6.30pm to 8.30am on weekdays and over the weekends from 6pm Friday to 8.30am Monday. You do not need to be enrolled in Medicare to access CALMS. For further information, you can visit their website: [*http://calms.net.au/*](http://calms.net.au/).

A GP can arrange for your prescription to be sent to a local pharmacy that can offer hotel delivery. You will then need to phone the pharmacy to arrange payment, and the pharmacy can deliver your medicines to the hotel. If you are contacting a GP in another state or territory, they will need to advise whether electronic prescriptions are enabled by local state/territory legislation. The following local pharmacies in the ACT can deliver medicines to your hotel: | 获得非紧急的医疗评估和/或处方药有几个可选方案：* 如果您目前Medicare登记在册，可以联系本地家庭医生（GP）或跨州联系家庭医生，要求远程医疗就诊（通过电话接受评估）。**我们鼓励您联系自己的家庭医生（如有），哪怕您的家庭医生在其他州。**医生可能会向您收取诊费。如果您属于弱势群体的病人类别，诊费账单应该可以Medicare全额报销（bulk bill）。
* 您可以访问首都领地政府的“寻找医疗服务”网页，在堪培拉寻找本地家庭医生，包括寻找可在非工作时间看诊的家庭医生。网址是：[*http://findahealthservice.act.gov.au*](http://findahealthservice.act.gov.au)，请在打开网页以后请选择“General Practitioner（家庭医生）”。
* Weston Creek呼吸系统评估中心护理/医疗支持服务也可在您身体不适时做出医疗评估。他们还可以帮忙安排就诊，请家庭医生远程医疗开出处方。请注意，该中心会优先评估有身体不适的人。您可以在每天早上7点半到晚上10点之间拨打**(02) 5124 4076**联系他们。这项服务免费，您无需Medicare登记在册就可以使用该服务。
* 堪培拉非工作时间代理医疗服务（CALMS）可在正常上班以外的时间为您提供医疗服务，检查您的非紧急医疗状况。请在联系CALMS时，告诉对方您正在接受COVID-19的酒店检疫隔离并要求远程医疗就诊。必要时，CALMS的医生或可到酒店为您看病。CALMS的电话是**1300 422 567**，您可以在周一到周五晚上6点半到第二天早上8点半，周末可在周五晚上6点到周一早上8点半之间打电话联系他们。使用CALMS的服务无需Medicare登记在册。了解详情请访问该机构网站：[*http://calms.net.au/*](http://calms.net.au/)。

家庭医生可以安排将您的处方发给能够送药到酒店的本地药店。您需要在之后自己打电话联系药店安排付款，并让药店把药送到酒店。如果您联系的家庭医生在其他州或领地，他们需要告知您那个州/领地的法律是否允许开具电子处方。首都领地的下列本地药店可以把药送到您的酒店： |
| **Capital Chemist**2/6 Dickson Place, Dickson, ACT, 2602(02) 6248 7684 | **Capital Chemist**地址：2/6 Dickson Place, Dickson, ACT, 2602电话：(02) 6248 7684 |
| **Cincotta Discount Chemist**1/30-42 Dickson Place, Dickson, ACT, 2606(02) 6247 7944 | **Cincotta Discount Chemist**地址：1/30-42 Dickson Place, Dickson, ACT, 2606电话：(02) 6247 7944 |
| **Ainslie Pharmacy**17 Edgar St, Ainslie Shopping Centre, Ainslie, ACT 2602(02) 6248 7708 | **Ainslie Pharmacy**地址：17 Edgar St, Ainslie Shopping Centre, Ainslie, ACT 2602电话：(02) 6248 7708 |
| **What if I am pregnant?** | **我是孕妇该怎么办？** |
| If you are pregnant, please ensure you advise ACT Health of this when you arrive. ACT Health will assist in coordinating any antenatal care you may require during your quarantine period. If you need further information or advice, you can contact the COVID-19 Pregnancy and Early Parenting Support helpline on **(02) 5124 1775** from Monday to Friday, 8:30am to 5pm. You will need to leave a message with your name and contact number, and someone will return your call.If you are pregnant and have concerns about your health while you are in quarantine, please follow the advice above to seek medical assessment. If you have severe symptoms or if you are unable to get a medical assessment quickly, please call triple zero (000). Tell them that you are in hotel quarantine after recently returning from overseas. | 如果您是孕妇，请确保您在抵达时将这一情况告知首都领地卫生部。首都领地卫生部会帮助协调您在检疫隔离期间可能需要的产前护理事宜。如果您需要更多信息或建议，可在周一到周五早上8点半到下午5点之间拨打**(02) 5124 1775**联系COVID-19孕期和新手父母支持热线（COVID-19 Pregnancy and Early Parenting Support helpline）。您需要留言告诉对方您的姓名和联系号码，会有人给您回电。如果孕妇对自己在隔离期间的健康状况感到担忧，请听从以上建议寻求医疗评估。如果您症状严重或如果您无法很快得到医疗评估，请拨打000。告诉对方您最近刚从海外归来，正在酒店接受检疫隔离。 |
| **Medicare information** | **Medicare信息** |
| If you are a permanent resident of Australia who has lived overseas for more than 12 months, you will no longer be enrolled in Medicare. Further information about how to re-enrol for Medicare is available on the Services Australia website: <https://www.servicesaustralia.gov.au/individuals/subjects/how-enrol-and-get-started-medicare/enrolling-medicare/if-youre-australian-permanent-resident>If you are an Australian citizen but have lived overseas for more than 5 years, you will need to contact Medicare to extend your enrolment in Medicare. Further information is available on the Services Australia website: <https://www.servicesaustralia.gov.au/individuals/subjects/how-enrol-and-get-started-medicare/enrolling-medicare/if-youre-australian-citizen#a2> | 如果您是澳大利亚永久居民且在海外居住超过12个月，您的Medicare注册将会失效。如何重新登记注册Medicare的详情请访问Services Australia网站：<https://www.servicesaustralia.gov.au/individuals/subjects/how-enrol-and-get-started-medicare/enrolling-medicare/if-youre-australian-permanent-resident>如果您是澳大利亚公民且在海外居住超过5年，您需要联系Medicare延长Medicare注册的有效期。详情请访问Services Australia网站：<https://www.servicesaustralia.gov.au/individuals/subjects/how-enrol-and-get-started-medicare/enrolling-medicare/if-youre-australian-citizen#a2> |
| **Information for families** | **给家庭的信息** |
| **Supporting children in quarantine** | **支持儿童渡过检疫隔离** |
| For parents and carers, talk clearly and calmly with children about what is happening.* It is common for children to become more demanding of parents and seek increased attachment during times of uncertainty. The unfamiliar surroundings of your hotel room may increase feelings of stress in your child.  Creative activities like drawing, imaginative play with toys (or utilising the child safe items available in your hotel room) and singing can provide your child with opportunities to express and release feelings such as fear and sadness.
* Help create some structure in their daily routine (even if this is different to their usual). This could include learning, playing and relaxing. Where possible, maintain schoolwork, study, and routine activities (e.g. mealtimes and bedtimes).
* Limit how much they access distressing news, social media or images, to prevent anxiety..
* Use video technology to help children maintain social connection with friends and family.
* Remember that children often take their emotional cues from the important adults in their lives, so how adults respond to the situation is very important.
* You can also contact the COVID-19 Pregnancy and Early Parenting Support helpline on **(02) 5124 1775** from Monday to Friday, 8:30am to 5pm. You will need to leave a message with your name and contact number, and someone will return your call.
 | 家长和照顾者要跟儿童平心静气地说清接下来的情况。* 在不确定的时期，儿童变得更缠父母，更粘人很常见。酒店房间的陌生环境可能会让您的孩子倍感压力。创造性活动比如画画、用玩具（或酒店房间里不会伤到孩子的物品）来想象故事进行表演还有唱歌可以给孩子表达和释放恐惧悲伤等情绪的机会。
* 帮助精心安排孩子的日常生活规律（哪怕这与他们通常的规律不同）。这可能包括学习、玩耍和放松。尽可能地保持学校功课、学习和常规活动（比如一日三餐和睡觉的时间）不变。
* 限制孩子浏览让他们难过的新闻、社交媒体或图片的数量，防止他们因此感到焦虑。
* 用视频技术帮孩子跟亲友保持社交联系。
* 请记住，孩子通常是从他们生活中重要的成年人那里获得情绪信号，因此成年人做出什么样的反应很重要。
* 您还可以在周一到周五早上8点半到下午5点之间拨打**(02) 5124 1775**联系COVID-19孕期和新手父母支持热线。您需要留言告诉对方您的姓名和联系号码，会有人给您回电。
 |
| **Supporting young people/teenagers in quarantine** | **支持年轻人/青少年渡过检疫隔离** |
| * Reflect on how you have coped with difficult situations in the past. Identifying personal strategies can help you cope with your current situation. Remember your time in quarantine will pass and it’s OK to feel frustrated, angry, sad or trapped.
* Although technology is a useful and necessary tool during quarantine, try to incorporate some screen-free time in your hotel room. Constant visual stimulation can make it difficult to relax and to fall asleep. Try playing some soothing music and have periods of time without television, phones and tablets. Watch the scenery from your hotel room – count birds, cars or people on the street. Engaging with the environment outside of your hotel window and balcony can help to break up your day.
* If you are quarantining with a teenager be mindful this situation may be more difficult. Teens are in a pivotal developmental stage where they may seek independence from their family and prioritise connection with peers. Try to find compromise within the restrictive circumstances you are currently in. Additional support and information about teen brain development can be found online or in podcasts such as ABC’s ‘Parental as Anything’ <https://www.maggiedent.com/blog/category/maggie-in-the-media/radio-podcasts/abc-radio/parental-as-anything-podcast/>.
 | * 回想过去您是怎样应对困境的。找出个人的应对策略可以帮助您应对现况。不要忘记检疫隔离的日子终会过去，感到挫败、生气、难过或被困在这里都很正常。
* 尽管科技在隔离期间是一件必要的有用工具，但是请努力在酒店房间里留出一些时间不看任何屏幕。长期的视觉刺激可能让您难以放松，难以入睡。尝试播放一些舒缓的音乐，留出时间不看电视、手机和平板电脑。观赏一下酒店房间外的风景——数一数鸟儿、汽车或街上的人。透过酒店窗户和阳台感受外界环境可以帮您放松身心。
* 如果您是跟青少年一起隔离，请做好准备这种情况可能难度更大。青少年处于成长的关键阶段，在这一阶段他们会寻求独立，寻求摆脱家人，优先跟同龄人保持联系。请试着在目前受限的境遇下找到折中方案。上网了解青少年脑部发育情况的更多支持和信息，或收听澳大利亚广播公司（ABC）的《Parental as Anything》等博客节目：<https://www.maggiedent.com/blog/category/maggie-in-the-media/radio-podcasts/abc-radio/parental-as-anything-podcast/>。
 |
| **Useful resources for families** | **给家庭的有用资源** |
| * **Online books for children**

<https://www.getepic.com/>An online resource that provides free access for up to 30 days – it has an endless supply of books for all ages, and many of them have the feature to read aloud. An email address is needed to activate it.* **Online videos and story time**

<https://vimeo.com/user110674450>You can visit the Libraries ACT vimeo site for an ample supply of Giggle & Wiggle sessions (song and rhyme times for babies and toddlers) and Online Story Times (mostly for 3-5 yearolds)* **Tips for helping children during COVID-19** <https://emergingminds.com.au/resources/supporting-children-during-thecoronavirus-covid-19-outbreak/>This curated selection of resources will assist parents and carers to best support their children and reduce worry and distress. It contains videos, factsheets and tips about what you can expect and how you can help children cope.
* **Exercise right for children/young people**<http://www.exerciseright.com.au>
 | * **网上儿童书**

<https://www.getepic.com/>一个可以免费访问最多30天的网上资源 – 这里有数不胜数的书籍，适合各年龄段的读者，并有很多有声书。激活该资源需要一个电子邮件地址。* **网上视频和故事会**

<https://vimeo.com/user110674450>您可以访问首都领地图书馆的vimeo网站，观看大量Giggle & Wiggle的录像（给婴幼儿的故事和儿歌）以及网上故事会（主要面向3-5 岁儿童）* **COVID-19 疫情期间帮助儿童的窍门**<https://emergingminds.com.au/resources/supporting-children-during-thecoronavirus-covid-19-outbreak/>这个精心策划选出的资源将帮助家长和照顾者尽全力支持孩子，减少忧虑和困扰。该资源包括视频、资料页和小窍门，告诉您可能遇到什么情况，该如何帮助儿童应对。
* **给儿童/年轻人的正确锻炼指导**<http://www.exerciseright.com.au>
 |
| **Mental Health and Wellbeing** | **精神健康** |
| **What are some ways to maintain good mental health?** | **有哪些方法可以保持良好的精神健康状况？** |
| * During the COVID-19 outbreak you may experience a range of thoughts, feelings and behaviours that cause you to feel stressed and worried. Don’t underestimate your ability to cope. There are many things you can do to maintain your wellbeing during this time.
* Focus on healthy eating and maintain a good sleep pattern.
* Where possible incorporate some physical activity in each day in your hotel room or balcony. There are fitness apps and YouTube videos you can download with suggestions for exercises to do in a small space.
* Talk with family and friends about ways you can support each other.
* Limit how much time you are spending accessing news and other media about COVID-19. Keeping informed about what is happening is important but constantly reading, listening or watching the news can make you feel more distressed and less able to cope.
* Some members of our community will struggle more than others. Technology can really help to keep connected with others – phone calls, emails, social media are some ways you can connect.
* These are difficult times, so try to be kind to yourself and others. At this time, none of us have all the answers and we have to live with uncertainty, which can be very difficult at times.
* Use credible sources to get information (such as those listed at the end of this document).
* Remember that this is a temporary situation. As a community and a nation, we can all help keep our communities safe.
 | * 在COVID-19疫情期间，您可能会遇到一系列您感到紧张忧虑的想法、感觉和行为。不要小看自己的应对能力。在这段时间您可以做很多事来保持身心健康。
* 关注健康饮食，保持良好的睡眠规律。
* 尽可能每天留出时间，在酒店房间或去阳台做一些锻炼。您可以下载健身应用程序和YouTube视频，获得如何在狭小空间进行锻炼的建议。
* 跟家人朋友交流，聊一聊怎样彼此支持。
* 限制每天花在阅读新闻和其他媒体上关于COVID-19内容的时间。随时了解情况是很重要，但一直阅读、收听或收看新闻会让您感到更难过，更难应对。
* 我们社区的一些成员情况比其他人更糟糕。科技可以很好地帮他们保持跟外界的联系——您可以通过电话、电子邮件、社交媒体等方式保持联系。
* 在困难时期，请试着善待自己和他人。眼下没有人知道所有问题的答案，我们必须适应不确定的生活，尽管这有时可能很难。
* 使用可信的信息来源（比如文件末尾列出的信息来源）。
* 请记住这样的情况是暂时的。作为社区和国家，我们都在帮忙确保社区安全。
 |
| **How can ACT Health support me and my family?** | **首都领地卫生部会怎样支持我和家人？** |
| ACT Health has a Wellbeing Team of health professionals available to provide support and psychological care while you are in quarantine.If you have a history of mental health issues, are experiencing anxiety, have difficult family circumstances or find coping with children in quarantine challenging, the Wellbeing team may be able to help support you.Please notify the ACT Health Officer that contacts you each day if you would like support from the Wellbeing Team and they can make a referral. | 首都领地卫生部有一个医务专业人士组成的安康小组（Wellbeing Team），可以在您检疫隔离期间提供支持和心理呵护。如果您有精神问题史，或感到焦虑、遇到家庭情况困难或者觉得隔离期间跟孩子打交道充满挑战，安康小组或许都可以帮助您给您支持。如果您希望从安康小组获得支持，请在首都领地卫生部每天联系您时告知工作人员，他们会给您提供转介。 |
| **When to seek additional support** | **什么时候该寻求更多支持** |
| If you experience any of the symptoms below, please seek professional help.* Unable to do simple day-to-day tasks or take pleasure from the things you usually enjoy;
* Feeling a loss of hope or interest in the future;
* Feeling aggressive and out of control;
* Feeling anxious, panicky, and experiencing difficulties in calming yourself;
* Feeling like you want to avoid conversations with people;
* Feeling excessive guilt; or
* Experiencing thoughts of harming yourself or others or ending your life.

The following services can provide **immediate assistance*** **Canberra Health Services Access Mental Health 1800 629 354** – Access Mental Health offer mental health services that are available 24 hours a day, 7 days a week. These services give you access to assessment and treatment services and offer advice and information on a range of mental health issues.
* **Domestic Violence Crisis Service (02) 6280 0900 or 1800 RESPECT** – Australia’s national sexual assault, domestic and family violence counselling, information and referral service. Providing free and confidential support 24hours a day, every day of the year.
* **Lifeline 13 11 14** – national charity providing all Australian experiencing a personal crisis with access to 24-hour crisis support and suicide prevention services.
* **BeyondBlue 1300 224 636** – provides information and support to help Australians achieve their best possible mental health, whatever their age and wherever they live.
* **MensLine Australia 1300 78 99 78** – Telephone and online counselling service for men.
* **Suicide Call Back Service 1300 659 467** – nationwide service that provides 24/7 telephone and online counselling to people who are affected by suicide.
* **Kids Helpline 1800 551 800** – free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.
* **QLife 1800 184 527** – is Australia’s first nationally-orientated counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex (LGBTI)
* **National Coronavirus Hotline 1800 020 080** – If you are seeking information on coronavirus (COVID-19). Operates 24 hours, 7 days a week.
 | 如果您出现下列任何症状，请寻求专业帮助。* 无法完成日常简单任务或做不了您通常爱做的事情；
* 感觉丧失希望或对未来的兴趣；
* 感觉好斗和失控；
* 感觉焦虑、惶恐、难以自我平复；
* 似乎想躲避跟人交谈；
* 有严重的内疚感；或者
* 出现自残或伤害他人或有自杀的念头。

下列服务可以**立即给您帮助*** **堪培拉医疗服务精神健康支援（Canberra Health Services Access Mental Health）电话：1800 629 354** – 精神健康支援提供每周7天，每天24小时的精神健康服务。这些服务将为您提供评估和治疗，就一系列精神健康问题给您建议和信息。
* **家庭暴力危机服务（Domestic Violence Crisis Service）电话：(02) 6280 0900 或1800 RESPECT（1800 737 732）** –澳大利亚全国性侵犯与家庭暴力的心理咨询、信息和转介服务。每天24小时给您支持，免费、保密，全年无休。
* **生命热线（Lifeline） 电话：13 11 14** – 全国性的慈善机构，给所有经历个人危机的澳大利亚人提供每天24小时的危机支持和自杀预防服务。
* **抑郁症协会 （BeyondBlue） 电话：1300 224 636**  – 提供信息和支持，帮助澳大利亚人尽可能达到精神健康的最佳状态，无论他们年龄多大，住在哪里。
* **澳大利亚男性热线（MensLine）电话：1300 78 99 78** – 针对男性的电话和网上心理咨询服务。
* **防止自杀回拨服务（Suicide Call Back Service）电话： 1300 659 467** – 服务覆盖全国，为受到自杀困扰的人提供每周7天，每天24小时的电话和网上心理咨询。
* **儿童服务热线（Kids Helpline）电话：1800 551 800** – 免费、注意隐私和保密的电话和网上心理咨询，每周7天，每天24小时为5到25岁的年轻人服务。
* **LGBTI帮助热线（Qlife）电话：1800 184 527** – 澳大利亚首个面向全国，为同性恋、双性恋、变性人和/或跨性别人士（LGBTI）提供心理咨询和转介的服务。
* **全国新冠热线（National Coronavirus Hotline）电话： 1800 020 080** – 如果您想获得新冠（COVID-19）相关的信息请拨打该热线。每周7天，每天24小时为您服务。
 |
| **Further information** | **其他信息** |
| **Australian Red Cross** – Looking after yourself and your family: [www.redcross.org.au/get-help/emergencies/looking-after-yourself](http://www.redcross.org.au/get-help/emergencies/looking-after-yourself)**Emerging Minds** – Supporting children during the Coronavirus (COVID-19) outbreak: <https://emergingminds.com.au/>**Headspace** – National Youth Mental Health Foundation providing intervention services to people aged 12–25 years, along with assistance in promoting your wellbeing: <https://headspace.org.au/>**Head to Health** – Mental health resources for your needs: <https://headtohealth.gov.au/> | **澳大利亚红十字会（Australian Red Cross）**– 关爱您自己和家人：[www.redcross.org.au/get-help/emergencies/looking-after-yourself](http://www.redcross.org.au/get-help/emergencies/looking-after-yourself)**Emerging Minds** – 支持儿童渡过新冠（COVID-19）疫情：<https://emergingminds.com.au/>**Headspace** – 全国青年精神健康基金会为12到25岁的人士提供干预服务，帮助促进您的身心健康：<https://headspace.org.au/>**Head to Health** – 提供您需要的精神健康资源：<https://headtohealth.gov.au/> |
| **Food and other supplies** | **食品和其他物资** |
| **How do I get food and meals?** | **我怎样获得食品和一日三餐？** |
| The ACT Government will provide you with some basic items and an allowance to purchase food while you are in quarantine. These are included in your fixed quarantine fee and will be supplied to you at check-in to the hotel. If you wish to make additional purchases while in quarantine, above the allowance you are given, or from other providers, you will need to pay these costs at the time of making the purchases.This will take the form of:* a **Welcome Box** of groceries (a starter box to help you get through the first day or two);
* a **Grocery Allowance** through Red Baron which will include login details, password and limit; and
* a **Deliveroo Voucher** for ordering take-away meals.

The ACT Government has resources available to help you to make healthier food choices. These can be accessed at <https://www.act.gov.au/healthyliving/healthy-eating-websites-and-apps>.  | 首都领地政府将为您提供一些基本用品和供您在检疫隔离期间购买食品的津贴。这些都包含在隔离的固定费用里，会在您办理酒店入住手续时提供给您。如果隔离期间，您想额外买东西的开销超出了分给您的津贴额度，或者您想从其他提供商那里买东西，需要自己在购买时支付相关费用。政府提供的物资包括：* 装有杂货的**欢迎礼盒**一个（一个入门礼盒，帮助您度过最开始的一到两天）；
* **杂货津贴**，可通过Red Baron使用，包括登录信息、密码和限额；以及
* **Deliveroo代金券**，用于订购外卖餐食。

首都领地政府有资源帮您选择更健康的食物。详情请访问：<https://www.act.gov.au/healthyliving/healthy-eating-websites-and-apps>. |
| **Red Baron Ordering** | **通过Red Baron订货** |
| The grocery allowance can be used at Red Baron via the website <https://redbaronhotelguests.orders4u.com.au/>. Please ensure you use this web address. Red Baron has options for boxes of preselected grocery products, or you can select your own items, including preprepared meals. Place your order by 2pm for delivery to the hotel the following day.You will be provided with log-in details to set up an online account, which has been pre-loaded with a limit set by the ACT Government according to your family size. Once you have spent the allowance provided, you will be responsible for any extra costs, which you will need to pay at the time of making purchases. | 杂货津贴可在Red Baron使用，网址是：<https://redbaronhotelguests.orders4u.com.au/>。请确保您使用正确的网址登录。Red Baron有多种礼盒可供选择，内含精心预选的杂货产品，或者您也可以自己选择，包括选择准备好的各种餐食。每天下午2点前下单，您订购的物品会在第二天送到酒店。有关方面会提供开通网上账户所需的登录信息。账户已经根据首都领地政府设置的额度按照您家的人数预充了金额。在用完预充的津贴后，您需要在购物付款时自己负担所有额外开支。 |
| **Other online grocery ordering** | **在其他网站订购杂货** |
| You can order other groceries online through Coles and Woolworths. You are responsible for paying for this at the time of making any orders. | 您可以通过Coles和Woolworths网站订购其他杂货。购买下单时您需要自己支付费用。 |
| **Take away meals** | **外卖餐食** |
| A Deliveroo Voucher has been supplied to you to order takeaway meals. Once you have spent the allowance provided, you will be responsible for any extra costs, which you will need to pay at time of making purchases. You can also order through other meal delivery businesses such as UberEats, Menulog, etc., however this will be at your own cost. | 我们提供了Deliveroo代金券用于订购外卖餐食。在用完预充的津贴以后，您需要在购物付款时自己负担所有额外开支。您还可以通过UberEats、Menulog等其他送餐服务订餐，但需要自掏腰包。 |
| **How do I get infant food, infant formula, creams, wipes and nappies whilst in quarantine?** | **如何在隔离期间获得婴儿食物、婴儿奶粉、护肤霜、湿巾和尿布？** |
| Some nappies and baby food items are available through the Red Baron website. If your child or children require an emergency supply of items that are not included, please let ACT Health know and they can be dropped off at your hotel.You may also purchase additional items from supermarkets and pharmacies for delivery to hotel reception at your own cost. | 有些尿布和婴儿食品可以通过Red Baron网站买到。如果您的孩子需要网站上没有的紧急物资，请告知首都领地卫生部，工作人员可以帮您送到酒店。您还可以从超市和药店购买其他用品，让商家送货到酒店前台，您需要自己负担相关费用。 |
| **How do I get toiletries and other personal items?** | **如何获得洗漱用品和其他个人用品？** |
| Some personal hygiene items are available through the Red Baron website. You may also purchase additional products and branded items from supermarkets and pharmacies for delivery to the hotel reception at your own cost. | 部分个人卫生用品可以通过Red Baron网站买到。您还可以从超市和药店购买其他产品和名牌用品，让商家送货到酒店前台，您需要自己负担相关费用。 |
| **What isn’t supplied?** | **不提供的物品有哪些？** |
| The ACT Government will not facilitate the purchasing of any of the following:* Alcohol
* Cigarettes, tobacco, or any other smoking products
* Gratuities
* In room movies
* Laundry/dry cleaning, unless you do not have access to a washing machine or dryer
* Phone usage
* Minibar
 | 首都领地政府不协助购买以下物品：* 酒类
* 香烟、烟草或其他所有烟具产品
* 小费
* 客房电影
* 洗衣/干洗，除非您没法使用洗衣机或烘干机
* 电话的使用
* 迷你冰箱
 |
| **Relevant links** | **相关链接** |
| * **Red Baron** ‒ <https://redbaronhotelguests.orders4u.com.au/>
* **The two major supermarket chains that offer delivery in Canberra are:**
	+ Woolworths Supermarket ‒ <https://www.woolworths.com.au/>
	+ Coles Supermarket ‒ <https://www.coles.com.au/>
* **Meals from local Canberra restaurants** can be ordered for delivery via Canberra Eats ‒ <https://www.canberraeats.com/>
* **Major pharmacy chains in Canberra include:**
	+ Priceline Pharmacy ‒ <https://www.priceline.com.au/> ‒ your nearest store is Canberra Centre (for delivery only).
	+ Capital Chemist ‒ <https://www.capitalchemist.com.au/> ‒ your nearest stores are Dickson, O’Conner and Lyneham (for delivery only).
	+ Cincotta Discount Chemist ‒ <https://www.cincottachemist.com.au/> ‒ your nearest store is Dickson (for delivery only).
 | * **Red Baron** ‒ <https://redbaronhotelguests.orders4u.com.au/>
* **在堪培拉提供送货上门服务的两家主要连锁超市：**
	+ Woolworths超市 ‒ <https://www.woolworths.com.au/>
	+ Coles超市‒ <https://www.coles.com.au/>
* **堪培拉本地餐馆供应一日三餐，**您可以通过Canberra Eats 预订送餐‒ <https://www.canberraeats.com/>
* **堪培拉的主要连锁药店包括：**
	+ Priceline药店 ‒ <https://www.priceline.com.au/> ‒ 离您最近的分店位于Canberra Centre （只能送货上门）。
	+ Capital Chemist ‒ <https://www.capitalchemist.com.au/> ‒ 离您最近的是Dickson、O’Conner和Lyneham分店（只能送货上门）。
	+ Cincotta Discount Chemist ‒ <https://www.cincottachemist.com.au/> ‒ 离您最近的分店位于Dickson（只能送货上门）。
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| **Hotel services and exercise** | **酒店服务和锻炼** |
| **What should I do with my rubbish?** | **我怎么处理垃圾？** |
| Please place your rubbish in a plastic bag and tie the bag securely. Place the bag of rubbish outside the room and notify the hotel reception that you have rubbish that needs collection. If you need additional plastic bags for your rubbish, please contact hotel reception. | 请将您的垃圾放进塑料袋，系好袋子。把垃圾袋放在房间门外，通知酒店前台您有垃圾要收。如果您需要额外的塑料袋装垃圾，请联系酒店前台。 |
| **How do I do my laundry?** | **我怎么洗衣服？** |
| You can use the washing machine and dryer in your hotel room or apartment. If you have any problems with using these, please contact hotel reception. | 您可以用酒店房间或公寓里的洗衣机和烘干机。使用遇到问题请联系酒店前台。 |
| **What if there is an evacuation at the hotel?** | **如果酒店需要撤离该怎么办？** |
| In the unlikely event that there is an evacuation at the hotel you are staying at (e.g. due to a fire alarm), you and everyone in your family must wear a surgical mask to proceed outside your room. Young children who cannot tolerate the mask do not need to wear one. You will find these behind the entry door to your room.You must follow the instructions of hotel staff and any emergency services personnel. You must always remain 1.5 metres away from other people (except the family members that you are sharing a hotel suite with). | 万一您下榻的酒店需要客人撤离（比如因为消防警报），您和家里的每个人都必须戴好外科口罩，走出房间。不能忍受的幼童无需佩戴口罩。您可以在进出房间的门后找到口罩。您必须遵从酒店工作人员和紧急服务人员的指令，始终跟他人保持1.5米距离（跟您同住一个酒店套房的家庭成员除外）。 |
| **How can I get exercise?** | **我要怎么做锻炼？** |
| It is important to try and get some physical activity each day. We recognise that this is difficult in a confined space. If possible, you can do some exercises in your hotel suite, or on the balcony. There are fitness apps you can download with suggestions for exercises to do in a small space. | 每天努力做一些运动很重要。我们承认在有限空间做到这一点很难。但请您尽可能地在酒店套房或去阳台做一些锻炼。您可以下载健身应用程序，获得如何在狭小空间进行锻炼的建议。 |
| **Useful exercise links** | **如何锻炼的有用链接** |
| * **Chair Yoga by Lesley Levy** – <https://www.youtube.com/watch?v=YMlLT_QpL4s>
* **45 Minute Chair and Mat Yoga Class** – <https://www.youtube.com/watch?v=vDrMekDp-8E>
* **Standing Chair Yoga Flow:** This video is a chair yoga practice of standing postures using a chair as a prop – <https://www.youtube.com/watch?v=_n0DzNWjkfc>
 | * **Lesley Levy教您坐在椅子上练瑜伽** – <https://www.youtube.com/watch?v=YMlLT_QpL4s>
* **45分钟的椅上和垫上瑜伽课** – <https://www.youtube.com/watch?v=vDrMekDp-8E>
* **站着练的椅子瑜伽操：**该视频是用椅子做道具，站着练的一套瑜伽操 – <https://www.youtube.com/watch?v=_n0DzNWjkfc>
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| **Leaving Quarantine** | **结束检疫隔离** |
| Your quarantine period will end at 11:59pm on day 14 of your quarantine period, noting that the day of your arrival is counted as day 0 of your mandatory quarantine period.ACT Health will provide you with the clearance necessary to end your mandatory quarantine period. This will include a face to face health check by a Public Health Officer on day 14 of your quarantine period. | 您的检疫隔离期会在隔离期第14天晚上的11点59分结束，请注意您抵达的当天算作强制隔离期的第0天。首都领地卫生部将为您提供结束强制隔离期所必需的健康许可证明。这包括在隔离期第14天跟一名公共卫生官员进行面对面的体检。 |
| **Exit letter** | **放行信** |
| If you test negative for COVID-19 and do not display any symptoms relating to COVID-19, ACT Health will provide you with an ‘exit letter’. The letter will be provided to you on day 14 of your quarantine period. The letter will state that you have returned to Australia from overseas and fulfilled the 14 day quarantine requirement in accordance with the *ACT Public Health (Returned Travellers) Emergency Direction 2020.*If you test positive for COVID-19 during your quarantine period or you are found to be unwell during the health check on day 14, your isolation period may be extended. You will be provided with an exit letter when you are cleared to leave isolation. | 如果您的COVID-19检测结果呈阴性且您没有出现COVID-19的相关症状，首都领地卫生部会给您一封“放行信”。我们会在您检疫隔离期的第14天给您这封信。信中将说明您从海外返回澳大利亚，已经按照*《2020年首都领地公共卫生（归国旅客）紧急指令（ACT Public Health (Returned Travellers) Emergency Direction 2020）》*的要求完成了14天的检疫隔离。如果您在隔离期查出COVID-19阳性，或者您在第14天体检时被发现有身体不适，您的隔离期可能会延长。我们会在您可以获准结束隔离时给您出具“放行信”。 |
| **Quarantine fees** | **检疫隔离收费** |
| From 5 August 2020 all returned travellers must pay for their hotel quarantine. The quarantine accommodation fee is a fixed cost which includes the cost of the hotel room, a standard food and meals cost, and other associated costs. Prior to check out of quarantine, you will receive an invoice from the ACT Government. You will have 30 days to pay the invoice and the due date will be stated on the invoice. Please refer to the Quarantine Fee factsheet provided to you, or you can read more information online. | 从2020年8月5日起，所有归国旅客必须自己支付酒店检疫隔离的费用。隔离住宿费是固定的，包括酒店房费、标准的食物和三餐费用以及其他相关开支。在您结束隔离办理退房手续之前，会收到首都领地政府发来的账单。您有30天时间支付账单，付款期限会写在账单上。请查看发给您的《检疫隔离收费》资料页，或上网了解更多信息。  |
| **Travel home** | **踏上回家之路** |
| You are responsible for arranging your own travel home at the end of your quarantine period.Please note that other States and Territories may have additional quarantine requirements that may be imposed after arrival. Please check relevant State and Territory websites for up to date information on border restrictions and quarantine requirements.The check-out time at the end of your quarantine period (on day 15) will be in accordance with hotel policy. | 检疫隔离期结束时，您需要自己做好回家的交通安排。请注意，其他州和领地可能有额外的隔离要求，相关要求或在旅客抵达后执行。请访问相关州和领地的网站查看边境限制和检疫隔离要求的最新信息。隔离期结束时（第15天）的退房时间将参照酒店的相关政策。 |
| **Additional information** | **其他信息** |
| If you have any concerns regarding your hotel accommodation, please contact hotel reception.For other issues, please contact ACT Health on 5124 6209 (24 hours).Please find below some links to further information:* **ACT Government COVID-19 webpage** – <https://www.covid19.act.gov.au/>
* **Australian Government COVID-19 webpage** – <https://www.health.gov.au/covid-19>
* **Australian Red Cross** – Looking after yourself and your family – [www.redcross.org.au/get-help/emergencies/looking-after-yourself](http://www.redcross.org.au/get-help/emergencies/looking-after-yourself)
* **Emerging Minds** – Supporting children during the Coronavirus (COVID-19) outbreak – <https://www.emergingminds.com.au/>
 | 如果您对下榻的酒店住宿有任何担忧，请联系酒店前台。其他问题请拨打5124 6209（24小时服务）联系首都领地卫生部。以下是提供更多信息的一些链接：* **首都领地政府的COVID-19网页** – <https://www.covid19.act.gov.au/>
* **澳大利亚政府的COVID-19网页** – <https://www.health.gov.au/covid-19>
* **澳大利红十字会** –关爱您自己和家人 – [www.redcross.org.au/get-help/emergencies/looking-after-yourself](http://www.redcross.org.au/get-help/emergencies/looking-after-yourself)
* **Emerging Minds** – 支持儿童渡过新冠（COVID-19）疫情 – <https://www.emergingminds.com.au/>
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